



510 Butler Ave  
Martinsburg, W.Va 25405  
304-263-0811 | 800-817-3807

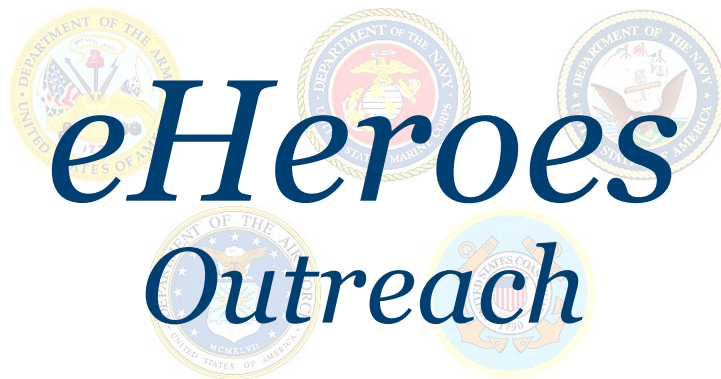


**Director**  
**Ann R. Brown, FACHE**



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## Welcome

Welcome to the third edition of the Martinsburg Veterans Affairs Medical Center (VAMC) electronic newsletter “eHeroes, Outreach”. We strive to provide you with current informative news, feature stories, and links to some important Martinsburg VAMC webpages. If you would like to subscribe, or unsubscribe, to this newsletter directly, please send an email with your name to [MWV-PublicAffairs@va.gov](mailto:MWV-PublicAffairs@va.gov).

**May 2013**

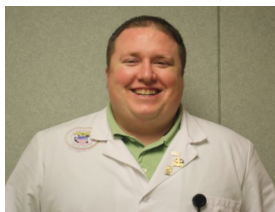


*Editor: Rick Nappi*

*Co-editor: Lauren Winebrenner*

## Meet Your Team

### Shawn Neff, Chiropractor



If you ever need to see a chiropractor at the Martinsburg VAMC, you will meet with Dr. Shawn Neff. Born in Fort Lewis, Wash., Neff began his VA career at the medical center in 2004. He specializes in helping Veterans with their bones, joints, muscles, backs, necks and nerves. In addition to working as a full-time chiropractor, he teaches in the medical center’s pain school and sits on the Veteran’s Satisfaction Steering Committee. He’s also board-certified in chiropractic orthopedics and a Fellow of the Academy of Chiropractic Orthopedists. While Neff enjoys the medical side of his profession, he said his favorite part of his job is helping his Veteran patients. “My favorite is when a Veteran who has suffered chronic daily headaches for years or even decades is headache-free as a result of chiropractic care,” Neff said. “It is great to witness people regaining their lives.”

### Sharon Kerns-Smith, Dietician

Sharon Kerns-Smith is the clinical dietitian at the medical center’s domiciliary. A Berkeley Springs native, Sharon began her VA career as an intern in 1992 and began working at the Martinsburg VAMC in 2008. She has served on a variety of different committees. She currently is part of the Nutrition and Food Services’ Safety Committee. After working in the private sector, Sharon said the most enjoyable part of her job is working with Veterans. “It has been interesting watching progression in treatment over the past 20 years, especially with HIV and oncology.” She is hoping to be involved in preventative care in the areas of obesity, cardiovascular disease and diabetes in the upcoming years.



## Our Clinic Locations

Cumberland, Md.  
Fort Detrick, Md.  
Hagerstown, Md.  
Harrisonburg, Va.  
Stephens City, Va.  
Franklin, W.Va.  
Petersburg, W.Va.

## Around the Martinsburg VA Medical Center Campus



The Martinsburg VAMC is offering free guitar lessons for Veteran patients. It will be held Monday through Thursday from noon to 4 p.m. in the Music Room. For more information, or to register, contact Paul Stotler at 304-263-0811, ext. 3782 or at [paul.stotler@va.gov](mailto:paul.stotler@va.gov)



Women Veterans  
Health Care

Returning  
Service Members



Email Updates



## May is Low Vision Awareness Month



When was the last time that you had your eyes checked? Low vision is a loss of eyesight that cannot be corrected medically, surgically or with the use of regular eyeglasses. Low vision is usually caused by diseases that include age-related macular degeneration, diabetes, cataracts, glaucoma, and others.

Activities like reading, shopping, cooking and writing may be hard to do. If you are affected by vision loss, the Martinsburg VAMC provides services that can help. The Intermediate Low Vision Clinic, located within the Eye Clinic, offers comprehensive assessments and low vision examinations and teaches communication skills, health management and optical device training. Early detection and rehabilitation therapy can help prevent future safety concerns, such as falls or medication errors. Training may also reduce dependence on others and maximize quality of life. For more information on low vision services contact Melissa Dunkle, Low Vision Therapist at 304-263-0811, ext. 4048.

## Memorial Day

Memorial Day stands as a solemn American tradition that honors the sacrifices of Veterans. Memorial Day is dedicated to those who fell in defense of the ideals, beliefs and values we hold sacred. The sacrifices of our armed forces have given us the security and freedom in which to grow and flourish as a nation. America is truly the land of the free, because of the brave. The Martinsburg VAMC honors all of our fallen heroes. Their service is not forgotten.



## God Bless America Ride— Outreach Event



On June 2nd over 1,500 motorcyclists and riders will travel from Greencastle, Pa. to the Martinsburg VAMC. Operation God Bless America (GBA) is a motorcycle ride that raises proceeds for the medical center which benefits our local Veterans. Not only is this a great event to participate in or watch, but the Marketing and Outreach Team will be there to assist anyone who wants to get more information about VA Health Care. There are also rumors that the Outreach Team may have a special giveaway to award to those who “like” us on Facebook or enroll in My HealtheVet on site. If you are interested in learning more about our event on the Martinsburg VAMC campus, please contact 304-263-0811, ext. 2122. If you would like more information on the GBA ride, please contact them at 717-328-9238.

## Upcoming Outreach Events

### May

- **5/11** Francis Scott Key Mall Community Day, Frederick, Md. 9 a.m. to 4 p.m.
- **5/14** Wal-Mart in Spring Mills, W.Va. 10 a.m. to 3 p.m.
- **5/17** Wal-Mart in Frederick, Md. 9 a.m. to 4 p.m.
- **5/24 and 25** in Winchester, Va. Harley Dealership for Rolling Thunder. 9 a.m. to 4 p.m.
- **5/29** Wal-Mart in Shippensburg, Pa. 10 a.m. to 3 p.m.

*If you have an event coming up and would like to request a member of the Martinsburg VA Medical Center Outreach Team to attend, please contact us at 304-263-0811, ext. 2122.*



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